

# Frederick County Diabetes Coalition

## News Release

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### **Frederick County Diabetes Coalition Announces** **Frederick Restaurant Challenge Winner**

FREDERICK- The Frederick County Diabetes Coalition is pleased to announce that Firestone's Culinary Tavern is the winner of this year's *Frederick Restaurant Challenge*. The *Challenge* was coordinated by the Frederick County Diabetes Coalition and held in November to coincide with American Diabetes Month. The *Challenge* featured eight restaurants who agreed to offer a healthy meal option for people with diabetes (or for anyone wishing to eat healthier). During the month of November, approximately 200 diners chose and rated the healthy meal offered by these restaurants. An average rating was calculated for each restaurant who received at least 15 votes. Firestone's edged out the competition and received a plaque, donated by Trophies Unlimited, to recognize their achievement.

A prize was also awarded to the participating restaurant who sold the greatest number of healthy meals. The winner for this category is Brewer's Alley; they had 102 diners order and submit a vote for their healthy meal. Brewer's Alley staff each received 3-day fitness center passes donated by Fitness First.

Jan Drass, Chairperson for the coalition states, "On behalf of the coalition, I wish to commend all of the restaurants for participating and for demonstrating that healthy meals taste delicious! We also want to recognize the restaurant patrons who tried the healthy meals and voted. Their positive feedback and interest creates the demand for restaurants to offer healthy meal options as part of their standard menu. This is the ultimate goal of the Challenge."

Eight restaurants elected to participate in this year's event: Brewer's Alley, Chick-fil-A, Firestone's Culinary Tavern, Giant Eagle (1275 W. Patrick St.), Giant Eagle (1305 W. 7<sup>th</sup> St.), La Paz, Mexicali Cantina, and Sushi Densha.

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*The Frederick County Diabetes Coalition works to prevent or delay the onset of diabetes and its complications through education and awareness.*

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To encourage diners to rate their meals, 20 diners who selected the healthy meal option and voted were randomly drawn and awarded the following prizes, all of which were donated by our sponsors:

- Gift card to the winning restaurant of the *Frederick Restaurant Challenge*
- 3 month membership to the YMCA with 1 hour of personal training
- Gift card from “If the Shoe Fits”
- 30 minute massage from the FMH Wellness Center
- 30 minute massage from the YMCA
- Other prizes included: personal training session at the YMCA, American Diabetes Association cookbook, pedometers, Diabetes Forecast and ChopChop magazines

All participating restaurants submitted a healthy meal recipe to the coalition, which was then analyzed by a Registered Dietician to assure it met the nutritional criteria. All healthy meal options had 550 calories or less, at least 30 but no more than 60 grams of carbohydrates, 750 mg of sodium or less, no more than 18 grams of fat (including no more than 5 grams of saturated fat), and 0 grams of added trans fat. These criteria are based on guidelines established by the American Association of Diabetes Educators, the American Diabetes Association and the National Cholesterol Education Program.

Restaurants were invited to offer a healthy children’s meal option as well. Three of the participating restaurants elected to offer healthy meals for children- Chick-fil-A and Giant Eagle (Patrick Street and 7<sup>th</sup> Street locations). These meals met the following criteria:

- Include a lean protein (eggs, white meat poultry, lean beef or tofu)
- Include a serving of vegetables and/or fruit
- Do not have any deep fried items
- Offer low fat or fat free milk as a beverage choice

The Frederick County Diabetes Coalition applauds these restaurants for being progressive and offering our community delicious and healthful meal options. Diabetes is a serious and growing health problem. According to the Centers for Disease Control and Prevention, if current trends continue, 1 in 3 Americans will have diabetes by 2050. Those with diabetes have a shorter life expectancy and about *twice* the risk of dying on any given day as a person of similar age without diabetes.

This innovative project is a collaborative effort of the Frederick County Diabetes Coalition, the American Diabetes Association, the Asian American Center of Frederick, the Diversity Leadership Institute, the Downtown Frederick Partnership, the Frederick County Division of Business Development and Retention, Frederick Memorial Healthcare System, Fitness First Health Clubs, If the Shoe Fits, the University of Maryland Department of Nutrition and Food Science, and the YMCA of Frederick County.

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For more information about the Frederick County Diabetes Coalition, visit the coalition's website: [www.FrederickCountyMD.gov/diabetescoalition](http://www.FrederickCountyMD.gov/diabetescoalition) or contact Jan Drass, Chairperson of the Frederick County Diabetes Coalition at 240-379-6045 or email [jdrass@maranatha.net](mailto:jdrass@maranatha.net).

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Reference:

<http://www.cdc.gov/chronicdisease/resources/publications/AAG/ddt.htm>

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